

'Buddy Box' Meal Delivery Service

Dates: 13/6/2022 until 3/7/2022

Please fill and return your order form to the driver or ring **01843 282910**. Please, select meal **A OR B** and **Tick** the pudding if you wish to receive it that day. Meals are **£7** and for Pudding an additional **£1**.

Please note: All food is prepared in our kitchen where nuts, gluten and other allergies could be present, and our menu descriptions cannot include all ingredients. We use fresh, locally sourced, seasonable vegetables to accompany our meals, therefore we cannot commit to exact types due to demand and availability. If you have a food allergy, please let us know before ordering. Full allergen information is available Meal **B** is suitable for vegetarians (V). Dishes with fish and chicken may contain bones.

Name:

Address:

.....

Tel. No:

SUMMER SALAD BOXES for £5!

A choice of **HAM, CHEESE, CHICKEN, TUNA, PRAWN** salad accompanied by:

- A roll and butter
- Coleslaw and Potato Salad
- Variety of salad including:

Lettuce, tomato, cucumber, peppers, onions, carrot and maybe even radishes, beetroot, and cress.



Please note salads can now be considered as a meal alternative if you do not fancy a hot meal.

	Meal A	Meal B	Salad	Pud	Evening
MONDAY 13/6	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
<u>MEAL A. BREAKFAST BRUNCH</u>					
<u>MEAL B VEGGIE BREAKFAST BRUNCH</u>					
<u>LEMON & VANNILLA CHEESECAKE</u>					
TUESDAY 14/6	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A FISH CAKE, CHEESE SAUCE, CROQUETTE POTATOE & GREEN BEANS					
MEAL B MACARONI CHEESE & ROASTED CHEERY TOMS					
PUD FRESH FRUIT SALAD & CHANTILLY CREAM					
WEDNESDAY 15/6	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A BEEF ALE & MUSHROOM PUFF PASTRY PIE, ROASTED NEWS & MIXED VEG					
MEAL B (V) VEGETABLE WELLINGTON ROASTED NEWS & MIXED VEG					
PUD STUFFED BAKED APPLE & CUSTARD					
THURSDAY 16/6	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A SAUSAGE MASH ONION GRAVY CARROTS & PEAS					
MEAL B (V) VEGI SAUSAGE MASH ONION GRAVY CARROTS & PEAS					
PUD PAVLOVA					
FRIDAY 17/6	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A BATTERED COD CHIPS PEAS LEMON & TARTARE					
MEAL B MED VEG FRITARTA, CHIPS PEAS & SALSA					
PUD PINEAPPLE UPSIDEDOWN CAKE					
SATURDAY 18/6	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
<u>MEAL A SOUTHERN FRIED CHICKEN THIGHS SAULTE POTATOES</u>					
<u>BBQ BAKED BEANS</u>					

MEAL B (V) CHEESE ONION PIE SAULTE POTATOES BBQ BAKED BEANS					
PUD SUMMER FRUITS PUFF PASTRY STACK					
SUNDAY 19/6	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A ROAST TURKEY & ALL THE TRIMMINGS					
MEAL B (V) MED VEG GRATIN					
PUD CRÈME CARAMEL					
MONDAY 20/6	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL BREAKFAST BRUNCH					
MEAL B (V) VEGGIE BREAKFAST BRUNCH					
PUD PEAR & ALMOND SPONGE & CUSTARD					
TUESDAY 21/6	<u>A</u>	<u>B</u>	<u>SALAD</u>	<u>Pud</u>	<u>Eve</u>
MEAL A LIVER & BACON, MASH, ONION GRAVY MIXED VEG					
MEAL B (V) SWEET POTATO & SPINICH CURRY WITH BASMATI RICE					
PUD LEMON MERINGUE & FRUIT COULIE					
WEDNESDAY 22/6	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A PORK ESCALOPE RATATOUILLE & ROASTED NEWS					
MEAL B (V) MED VEG TART ROASTED NEWS GREEN BEANS					
PUD CHOCOLATE POTS & WHIPPED CREAM					
THURSDAY 23/6	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A BEEF LASAGNA GARLIC BREAD & SALAD					
MEAL B (V) MED VEG LASAGNA, GARLIC BREAD & SALAD					
PUD CHERRY PIE & CUSTARD					
FRIDAY 24/6	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A SCAMPI CHIPS, PEAS, LEMON & TARTARE SAUCE					
MEAL B (V) VEG CHEESEBURGER CHIPS PEAS & SALSA					
PUD APPLE CAKE & CREAM					
SATURDAY 25/6	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>

MEAL A PLOUGHMANS (CHEESE, PORK PIE, SCOTCH EGG, SALAD, BREAD ROLL & PICKLES)					
MEAL B (V) VEGGIE PLOUGHMANS					
PUD TRIFLE					
SUNDAY 26/6	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A ROAST GAMMON WITH ALL THE TRIMMINGS					
MEAL B (V) LEEK & BROCOLLI BAKE					
PUD ETON MESS					
MONDAY 27/6	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A BREAKFAST BRUNCH					
MEAL B (V) VEGGIE BREKFAST BRUNCH					
PUD TOFFEE CHEESECAKE					
TUESDAY 28/6	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A LOADED JACKET, BOLOGNAISE CHEESE & SALAD					
MEAL B (V) LOADED JACKET; VEGI BOLOGNAISE CHEESE & SALAD					
PUD CHOCOLATE BROWINE & CREAM					
WEDNESDAY 29/6	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A BACON CHEESE ONION & TOMATO QUICHE, HERB POTATOES COLESLAW					
MEAL B (V) CHEESE ONION & TOMATO QUICHE, HERB POTATOES COLESLAW					
PUD CUSTARD TART					
THURSDAY 30/6	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A CHICKEN KORMA, BASMATI RICE & FLAT BREAD					
MEAL B (V) BUTTERNUT SQUASH & SWEET POTATO CURRY, BASMATI RICE & FLAT BREAD					
PUD LEMON POSSET & FRUIT COULLIE					
FRIDAY 1/7	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A JUMBO FISH FINGERS, CHIPS, PEAS, LEMON, TARTARE SAUCE					

MEAL B (V) MEDITERRANEAN VEG WRAPS CHIPS PEAS & SALSA					
PUD SYRUP SPONGE & CUSTARD					
SATURDAY 2/7	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A GAMMON MASH & PICKLES					
MEAL B (V) CHEESE ONION & POTATO PIE SAUTE POTATOES GREEN BEANS					
PUD APPLE PIE & WHIPPED CREAM					
SUNDAY 3/7	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A ROST BEEF & ALL THE TRIMMINGS					
MEAL B (V) NUT ROAST & ALL THE TRIMMINGS					
<u>PUD, PROFITEROLES</u>					

Afternoon Tea For Only £5

Did you know we also do afternoon tea? We deliver at the same time as your hot meal delivery, so you can eat this later!

For just £5 a day we include:

Monday: Corned Beef with Apple Juice and crisps.

Tuesday: Ham and Cucumber with Orange Juice and crisps.

Wednesday: Tuna Mayo with Milkshake and crisps.

Thursday: Egg Mayo with Apple Juice and crisps.

Friday: Prawn & Marie Rose Orange Juice and crisps

Saturday: Cheese and Tomato with Milkshake and crisps.

Sunday: Chicken Mayo with Apple Juice and crisps.

All Afternoon teas include fresh fruit and cake/biscuits of the day.



We would like to cater for vegetarians too, so please contact us for alternatives!

Those of you who already purchase the afternoon tea will not be affected.

IMPORTANT NOTICE FOR ALL BUDDY BOX CLIENTS!

Many of our regular clients may have noticed we have switched onto a new type of buddy box container. Age UK takes health and safety very seriously so felt it was necessary to make the following points.

- The containers **ARE** now microwavable, including the small black dessert ones.
- The containers can **NOT** go into the oven as they melt and are a fire and safety hazard.
- The containers are reusable. (Please return rinsed to the driver)
- They are more secure.

If you feel that you are not hungry just yet and wish to eat a little bit later, please put your food in the fridge and then reheat to a 75-degree temperature later. Our containers are suitable for a microwave, we recommend to re-heat the meal in the microwave. Please do not put our containers in the oven as they will melt. Please only reheat this **once** to avoid any food poisoning.

Your meals are much more secure in the tight-fitting containers to allow for better food quality, as well as being reusable. If you wish to give these to the driver the following meal you receive, we can sterilise them here at Age UK, helping the environment by reusing them when sanitised.

We would like to thank you for your on-going support, and we will continue to try and give you the best service possible. Any further queries or questions we are happy to help. Thank you.